

The background of the entire image is a dramatic landscape. The upper half is dominated by a sky filled with large, dark, and textured clouds. A bright, golden light from the sun, partially obscured by the clouds, creates a horizontal band of intense yellow and orange light across the middle of the sky. Below the sky, a vast, flat expanse of land or water stretches to the horizon, appearing in shades of grey and blue. In the bottom left corner, there is a small, dark silhouette of a village or town with a few buildings and a prominent figure standing on a hill, looking out over the landscape.

*HUMAN*

*The*

*PREDATORS*



# **THE HUMAN PREDATORS**

**Thoughts and Writings**

**By Kyösti Waris**

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Text and layout by Author

Implementation by Author

Author's edition, Tampere, Finland 2016

Translated from Finnish by Author

The original publication:

Ihmissaalistajat, Kyösti Waris, Tampere, Finland 2016

ISBN 978-952-93-7377-2

Digitally signed by Author:

DS  
KW

## To a human

*When a person discovers that he (or she) had done wrong and harm to others, he will regret his deeds. He wants to correct the mistakes and the damage caused by him as well as to make progress as a person, to a human being. A robot does not have the kind of understanding. It will continue to operate destroying and seeking uncontrollably its self-interest, until it has been forced to stop.*

Author

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**Author**

## For the reader

I put together my writings of the years 2012 and 2015 to this booklet. The posts have been published on my website before. Some of them, mainly those written in 2015, were also published in a local city magazine (Tampere-lainen). The dates of the scripts refer mainly to the online publications. The scripts are placed in chronological order from the newest to the oldest one.

In my writings I express my opinion not only on current topics but also on philosophical issues relating to people, society and life. My opinions are based on knowledge and skills gained during my life.

My idea was to take advantage of learning and life experience that I have received over the years. My hope is that the aspects set out in the writings could give food for thought to the reader and help him to perceive his own life, so that it would be helpful to him.



The reader will get the best results certainly so that he forms his own personal view of things and will continue to think in all phases of his life. I hope that my writings will help him to build a better world for the future generations.

The book was originally published in Finnish (On Valentine's Day, 2016). I apologize for any linguistic shortcomings in my text translations.

The date of the publication occurs in the year, when I complete 70 years.

In August, 2016

Author

## Robots put pressure on people

27.11.2015

The advances in information technology have made it possible to manufacture machines that resemble more and more people, i.e. humanoid robots. The aim has been to develop these machines even better, so that man could be replaced by robots more often in the service professions, too. This is a challenge, for *man* and *machine* are different from each other. Human can be poorly replaced by machine.

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The machine is characterized by mechanical, repetitive functions according to commandments. Also its complex functions are always based on pre-programmed commands, computer programs.

*The machine does not think or act independently. It does not have feelings, empathy and positive sociability to take care of others which are characteristic features of a healthy person.*

The development of robots has given rise to fear that they take the power completely from men. What if this is already happening? From time to time, yes. Always, when a robots' operation has limited the fundamental human rights and destroyed life.

*The mechanical humanoid robots* have failed to behave that way, because they are still too primitive to do it. Instead, humans resembling machines, *the biological humanoid robots*, have caused a lot of devastation. They are called *robots* for short here.

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### **The robot is genuinely antisocial**

The biological robot has emotions, unlike the mechanical robots i.e. machines. However, his feelings are self-centered, hostile and attached to material things.

The robot's antisocial nature is shown as uncontrolled self-interest, pursuit of money and power. Self-centered and schematic, the robot

is ready to destroy not only other robots but also *people* without it bothering him in any way.

He repeats mechanically himself and tends to make people like himself, if necessary, by using violence. The robot perceives people as objects that can be owned, used, wasted and destroyed what only he wishes.

A senior *robot* is usually able to think and to draw conclusions much better than *machine* and even better than *man* sometimes. The difference between him and human is that his thinking is mostly cold rational. Compassion for others is not included in it.

The robot is incapable of creative thinking in the human way. The robots of lower level do not think and may even not be able to think independently. The leading robot's commands are taken by them.

## **A deceptive appearance, the interaction reveals**

It is just as difficult to detect a robot among men as it is to find wild oat in an oat field.

Wild oat is a weed that is very similar to oats. The difference between the two is the fact that wild oat does not have any ear of corn and it grows a bit taller than oats. The additional growth is probably due to the fact that the plant does not use its vitality to produce grains. However, wild oat has also seeds that are lighter than oat grains, which it disseminates effectively to the field.

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Sometimes can an appearance reveal robot. The changeless hostile expression on a person's face may uncover the robot. This, however, is not a reliable hallmark. The difference between man and robot is emphasized when the question is about the freedom of self-determination, the human right to independent thinking, feelings, opinions, actions and life.

The difference can also be noted in situations concerning the robot's interests for holdings and power. If these are the least bit threatened, his emotional life goes haywire. Then he is willing to use violence and, if necessary, even to kill.

Identification is also made difficult by the fact that the robot knows very well how he should behave in order to create an impression of a pleasant and a social person coming along with everyone. He is able to mask the fact that he actually lacks genuine empathy, the ability of caring for others and the ability to genuine interaction.

Like humans can robots be found anywhere, dressed and behaved according to the occasion. Robots can be met in the most varied situations and organizational levels – both in a leading role and as employees and officials. You can encounter them in all occupational groups.

In particular, they may be come across in ideological groups and organizations that are led in a strictly schematic way. Such groups may be religious and political factions, bureaucratically managed agencies and military organizations.

The robot is often recognized only when you have to come into a closer contact with him. When man meets robot, its cold, greedy, mechanical and destructive nature that destroys people and life, is revealed to him to his great astonishment and horror. In such a situation he can exclaim terrified to himself: "That cannot be true, is it possible to happen like this!?"

The experience is often so incredible that he tries to explain everything to be well and thinks that he assessed the other person wrong. However, you should rely on your own judgment and stay at a distance from the robot for your own safety and health.

Interacting with the robot damages a person's emotional experience. Sometimes even to an

extent that he must request the assistance of mental health experts.

The diagnoses of mental disorders describe the human emotional life for the most part. The robots instead have often unduly a clean bill of health, as they behave in an orderly manner. This is due to the fact that their emotional life and empathy are limited, and therefore they are not as vulnerable as humans.

Whenever the robots have come to power, the traces have been devastating. Fresh in the memory are the horrors and the destruction of the world wars that e.g. the robot leaders of the Nazis with their robot army brought about. Such conflicts occur even today in various parts of the world. Terrorists are also robots always.

The robot leaders are still ruthlessly forcing people to become robots. They may require mercilessly people to sacrifice themselves to the last individual by relying on national, communal or religious obligations and ideas. In that



way they restrict people's basic human need for life.

The robots' efforts to dominance weaken the survival of humankind. It is therefore important to prevent their activities in advance. People have to set limits to the robots, because they are unable to do so themselves according to their nature.

### **Separate species or the result of development?**

As there seem to live both the robots and people side by side in the same circumstances, a question of two different human species may arise. One of the two, *man* (*Homo sapiens*), is more advanced than *the robot* (*Homo roboticus*), by both his social and emotional skills. The robot can be equated with Neanderthal man.

Neanderthal man is thought to have become extinct. Maybe this was caused by living in small groups in isolation and the lack of sociability. The latter was shown e.g. as killing and eating the members of their own species, cannibalism.

Interbreeding with the modern man is thought to have been occurred to some extent. It may be that these people continue to affect the genes of some individuals.

If this is the case, it is likely that also this *Homo roboticus*, who destroys people, will disappear in the fierce struggle for survival, like his ancestors. In the struggle only genuinely co-operative and social humans will survive.

One can also reflect on the circumstances in which a person may regress to a robot that destroys other people and life. Regression may be explained e.g. by exposure to a leading robot's influence and the reinforcing effect of a group.

Also, the lack of tenderness in childhood, faced violence and the lack of care may expose a person to a development that leads him to become the robot. Such a factor may also be the stress caused by the conditions.

On the other hand you can ask, whether the humanoid robot can develop into a human being and under what kind of circumstances this may happen? And further, if the change takes place, how it can be verified reliably? The development to a higher level may be difficult for many of them without any external help, if not possible at all.

## **Finland - An instrument of Western power politics**

1.10.2015

**T**he Swedish Centre Party has decided to support the membership of Sweden in NATO and the option that Sweden will apply for the membership in NATO together with Finland. This seems to be a very easy solution. Apparently, the decision-makers still have in mind the Swedish imperial times, when Finland was a part of Sweden, and when it was easy to dominate the Finns.

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Times, however, have changed and even Sweden no longer is able to experience the former kind of charm of magnitude, as it has shrunk to very small. Even small countries like Sweden can certainly experience the magic of greatness as a part of military alliances.

Sweden has always taken advantage of Finland as to their aspirations of power in the foreign

policy and in the construction of their economic well-being. The Swedes used to go to fight to whatever direction, and quite often toward the east. After all, Sweden has always considered Russia its arch-enemy and an obstacle to its expansion in that direction.

So the kings of Sweden have toured diligently through Finland to recruit soldiers for their wars in the East. This political trend in Sweden has lasted for centuries and seems to be continuing. As they think, Finland should also now form a common front with them against an enemy in the East. And not only together with the Swedes, for the Netherlands e.g. has requested Finland to defend themselves and the whole of Europe. - That kind of thinking sounds really ridiculous.

I remember how a former teacher, field Provost Niilo Kinos, in my school years for more than 50 years ago, said once that Finland has always been a bloody shield of Sweden and the Western bloc against the Eastern Bloc, and it will

always be. He probably meant that Sweden has used and uses constantly Finland their shield while fighting against actual or perceived threats in the East to safeguard their own interests.

The Swedish policy seems to rely upon Mao Zedong's, the founder of the People's Republic of China, teachings about the basics of politics: *Political power grows from the rifle barrel*. Violence, yes, an overriding influence over other people, can be found in the core of any politics, even if they are trying to hide it from people. Now, it just seems to show in phenotype forms again.

In my mind Finland should start from the evaluation of the real current situation and from its own national interests. Personally, I do not support the Finnish NATO membership. Peace does not grow from the rifle barrel or from that of big cannon nor from missile silos. Military alliances cannot guarantee peace despite of how large they might be.

Finland cannot afford to sacrifice people useless wars that have arisen as a result of conflicts between political gangs. It is enough to keep its people in life and safe, and try by diplomatic means to maintain peace with all its neighbors.

It is not good diplomacy, if you constantly remind your neighbors of their mistakes. The doctrines of inevitable bloody shield are not worth believing. This fate can be avoided by thinking independently and by new actions. It is a good survival strategy, and it may even be found beneficial by Sweden and the whole of Europe.

## Wars impair the humanity

23.9.2015

**M**ankind's greatest challenges to stay alive are insecurity and poverty. The wars continuing for thousands of years have weakened the genetic and psycho-social structure of the population to an extent that it is really a reason to be concerned about the ability of the human race to remain alive. It has been customary to seek financial success and power by waging war and sacrificing by force always the best part of the population.

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The result of this "breeding" may be that the remaining part of the population will be increasingly incapable and helpless. The people of which do not even be properly aware of their gender and to whom understanding everyday things would cause serious problems. - Not to mention the understanding the broader context.



It seems that once again there is a debate on using these means, as things are going badly. This is an ethically and economically outdated and unsustainable way of thinking that must be got rid of. It is necessary to identify the individuals and organizations that are thinking and acting in this way and prevent their actions.

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## Power by “vatulointi”

26.7.2015

We have been following for many years a strange tragedy of trying to solve the economic problems in Greece. Because of slowness and difficulty can the process be called by the Finnish dialect word “vatulointi” (slow, arduous attempts to solve problems).

Why have the problems not been resolved, why is the attention continually drawn back to the Greek problems or, alternatively, to the Ukrainian crisis? Most likely, because this hides the fact that the countries of the euro area, also including Finland, are in the grip of a debt crisis for which there is no end in sight.

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Who will benefit from the fluctuations of the share prices caused by alternately a deep uncertainty and the subsequent optimism? They are those who have large amounts of capital. In this way more capital is gained at the expense

of taxpayers. And in this way citizens in increasingly poorer countries lose their control of their own affairs due to indebtedness.

Why do they need large amounts of capital and the poor decision-making power of citizens? Are they needed to a work for peace? Hardly are they. The peripheral regions, such as Finland and Greece are very important power politically to the core of Europe.

Therefore, for strategic reasons, it is good that they are weak. They are aiming at a federal state, such as the doctors of the European University with their burning eyes already anticipate swiftly. And who are happy followed by politicians pursuing their own interests.

## A freer volition makes possible a better life for people in difficulty

15.6.2012

Recently, there has been a discussion about free will, about how well a person can make independent decisions, and influence his life. The question is philosophical in nature and very old, but it still seems to be interesting. Those who take the free will more critically think that all human behavior is completely predictable. Man is like a machine that follows a specific model of operation.

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[Aurelius Augustine](#) (354 - 430), an influential person of the Christian church, developed [a predestination doctrine](#). Its central idea is that everything is predetermined. God has created both the good and the bad people, and their fate has been in existence since the beginning. Thus, people's actions and events are just a mere facade and drama. They have interpreted his ideas in many ways.

It is easy to imagine that wealthy people have preferred the predestination doctrine of human fate and seen it as an important teaching. Maybe that is still true. The better-piece men have no need to change their position and well-being in any way. They think that it would no doubt be a good thing if the less fortunate, such as the poor, the disabled and suffering might believe that no one can do anything to his fate. Also, the Church Father St. Augustine was probably one of the privileged well-off.

At the other extreme are those people who consider that man may decide independently on his actions and will be always fully responsible for them. The truth is probably somewhere between these two views. Free will seems to be relative, and it can be influenced. If there is not enough free will it can be got more by learning and participating.

The insufficient freedom of will and choice of people in difficulty can be added by civic participation (democracy). The well-off may have free

will enough, if not too much. Dictators like to restrict other people's freedom to act and to their life, because it gives them exclusive power and cozy conditions in every way. - That kind of people's free will should be limited.

Man is a part of the universe, which is characterized both by very predictable phenomena and by such kind of events that cannot be predicted at all or which can be predicted very poorly only. Very predictable phenomena, for example, are the movements and orbits of celestial bodies. Poorly predictable are among other things the fluctuations in weather conditions.

In statistics they talk about random phenomena and their likelihood of occurring. In order to be predicted the occurrence of a phenomenon must the parts that are involved in the events, be dependent on each other, influence each other or occur in a regular way. The longer the period is the more uncertain will be the predictability of regular processes. Why? Because the

course of events will depend on factors that have no connection to the events observed and therefore they are totally unpredictable. In science these are referred to as independent, intervening variables.

Human decision-making is affected by automated, internalized behavior patterns that regulate behavior. These may be the ones that facilitate everyday activities or hinder them. Driving a car, for example, is facilitated by a customary driving mode adopted by learning, through the right of way crossroads along the familiar route between home and work.

Problems may occur, when one day the characteristics of the route are unpredictably changed. The person in a hurry to work drives down the street, the right away of which has been changed so that he has to look out for all the vehicles coming from the sides. In such circumstances, the risk of an accident increases, because the situation is unexpected, and the old behavior model is no longer working in the

changed situation. - The physical environment can for its part create obstacles even for the slightest disabled and thus restricts the freedom of his action.

A tired, drug addict or sick person acts often schematically like a machine. For example, if a particular place or relationship has aroused fear, the same emotional experiences come to life easily, whenever that situation or relationship is repeated. When this happens, the emotional response is strengthened and may extend to similar situations. As a result, the person's sphere of life begins to narrow, though he would not like it to.

This situation may persist unchanged, unless the dilemma is resolved. In this case, the solution may be psychotherapy as 'intervening variable'.

In psychotherapy man's own, often very limited will is released. By therapy a person can get rid of his experiences that restrict his life and thus



be freer to decide himself what he can do and what he wants from life. Fear evoking experiences are unlearned away and replaced by learning with new positive and mind-medicating experiences.

Not only personal factors, but also a social environment may pose obstacles to one's freedom of decision-making. Strict and inappropriate codes of conduct of communities may limit an individual's life. The more primitive or close-knit a community is the more restrictive may its beliefs and customs be that regulate the individual's behavior.

Such people, who have fully internalized the beliefs, ideologies or programs of their group or community, behave as if they were under the influence of suggestion - dependent and mechanically. They just have one option tunnel vision and that is why their freedom of will is very limited. A similar situation arises when a person adopts and internalizes destructive behavior, such as murders and suicides. This kind

of situations may be prevented by facilitating duly a person's living conditions and giving him models of survival and positive alternatives to problem situations. A public presentation of the people's experiences who have survived the difficulties might be helpful.

In societies, restrictions on individuals and control have increased. It seems that people have to take part in war games created by decision makers more often than before. They have to sit behind the locked doors and under supervision not only at home but also at work.

They need pin numbers in order to live their everyday life, and personally identifiable information is collected about them for an increasing number of registers. If they want to travel to other countries, they need a permission to leave the country, and a permission to enter a country such as an identity card, passport and visa.

Societies resemble more and more medieval towns, military units or prison camps surrounded by barbed wire fences, where all the residents have criminal or suspected roles. An example of this is a Helsinki trial, where residents are asked to follow events nearby and report their findings to the police (Aamulehti 22.6.2012). Encouraged by the Finnish experiment, their purpose is apparently to instill quietly the practice characterized by dictatorships in the culture of EU.

Economic well-being, and thus a sufficient social status appear to be those medicines that ideally open the gates to a better life. If you have got money, you also have got a decision-making power and opportunities. You can get proper health care, will live a healthier life, move more freely and live better and longer. By taking care of people's well-being will also their participation and opportunities to influence i.e. their free volition increase.

Civic partition is required for all the members of a community. So as to improve the participation, people's real needs and desires have to be listened to, they are to be evaluated and, if necessary, the procedures that are found to be poor, must be truly improved.

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## The universe that is alive?

7.5.2012

I watched once a British television program, where some of the best scientists in the world came up with ideas and discussed the deep essence of phenomena. One of them was of the opinion that the sun is a living creature, and it smiles.

Some people, especially children, will perceive it that way. What about if the universe is a living organism, to which the sun belongs just as a small part of it? Do we live in a huge creature, the size of which we cannot detect, because we are so tiny?

From the human point of view, the universe appears to be an infinite space, where large masses and distances affect according to physical laws. When considering the origin of life man has been looking for the dead and living interface material in space. For such kind of

conditions that give rise to life or where life would be possible. In space, indeed, there have been found organic materials connected to life. For example, researchers have found huge [clouds of methyl alcohol](#), which have been thought to be in connection with the emergence of the stars.

The universe (cosmos) known by us with the star and planetary systems resembles the atomic structure known to man. In it electrons are orbiting an atomic nucleus in the same ways as planets are orbiting stars. This is called the microcosm.

Also, man himself is composed of substance. Let's do a little thought experiment. Let's imagine that inside man there are living beings on the surface of an electron of an atomic system, who are watching at their spaciousness seeking the signs of life there. The "solar system" of these creatures is so negligibly small that they do not have any chance to conceive of the "universe", the human being whose inside

they are living. The space of these beings appears mostly dark, because "star system" (protons and neutrons) are infinitely distant from each other, just as we know it in space.

In the universe, whether it may be a macro or a microcosm, the physical time is determined by the movements of material masses relative to each other. As a result, time is always relative.

Let us continue to test the idea and let us think of a time period of one second in our passage of time. During this time, in the above described microcosm, an electron (the equivalent of our planet) has had time to get around the nucleus of an atom (the sun counterpart) thousands, hundreds of thousands, perhaps millions of times.

Similarly, it is conceivable that millions of years in our system mean maybe just a period of one second or two in the system called the universe by us.

Suppose that the universe we know is a living organism. Then it is certainly important to it that it will not be damaged or destroyed. So far, people can by their own actions influence that part of the universe only, where we are living: the conditions of its people and the environment. The life style that many people have adopted, with a continuous growth ignoring the means, is like an obsession, resembling the activity of a cancer tumor

A tumor is composed of cells whose sole function is to reproduce mechanically, uncontrollably and selfish at the expense of an organism. A cancer can eventually destroy the whole organism and itself at the same time.

Are the people that have gone wild to activities that destroy life like cancer cells gazing greedily into space, and dreaming of its conquest to achieve their own selfish goals? It may be that the huge creature that we call the universe has his own ways to resist such kind of efforts. If



that large system is a living, conscious creature,  
may he in fact be our God?

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## **When you have got a healthy self-esteem, you will have a better future**

19.4.2012

**A**n old Finnish phrase says: "Guess your own status, give others value, too." The saying includes the idea that a person's assessment of his own abilities and possibilities, as well as of his relationship to other people should be as realistic as possible. Neither undervalued nor overvalued.

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A person, who underestimates himself cannot or dares not to use his abilities enough, feels a sense of inferiority and gets depressed. Overvaluation, the so-called puffy self-esteem, can easily lead to behavioral excesses and to problems with other people. A performance, which is worse than the expected is felt easily to have been caused by others.

Not only about an individual's perception of himself can we talk about the perception of a

group or even that of a nation of themselves in relation to other groups or peoples. The less a person, a group, or a nation receives realistic feedback on their behavior, the easier will their assessment of their status be distorted in relation to others.

The saying: "In a group stupidity condenses" describes the situation where a group cannot or does not want to take a realistic feedback given to them. An individual's distorted perception of reality and that of a group can be spread to a national level. A destructive example of this is the extreme groups during Second World War. The National Socialist Labor Party of Germany ([Nazi Party](#)) was such a grouping.

The German National Socialists (Nazis) saw themselves as supermen and as an [Aryan race](#) that was more intelligent than the others. That's why they considered themselves be entitled to oppress other people and to require a living space at the expense of the others. It's amazing how even today some scholars in a civilized

country such as Finland, one-sidedly insist on the human genetic intelligence and racial superiority.

There is a long-known fact that intelligence test scores for example, are greatly affected by the conditions under which people are born, and where they live. Therefore, perceptions of a race smarter than the others are quite silly, and violate human rights. No nation has the right to be an arrogant chosen people.

Some nations have, indeed, been sly to take such a role for themselves, supposedly according to God's will, and led –oddly enough - others to believe in it. Such an identity-based puffy self-esteem may well take some distance ahead, but it leads before long to ongoing conflicts with others as a result of quest for power. "The selected ones" are those peoples that are capable of constructive cooperation and peace with others. The peoples that value themselves in a healthy way are those, and they will have a future.

The above-described puffy self-esteem can also be found in Finland. We should, indeed, be the best in everything in the world. Some people seem even to believe in it really.

A healthy self-esteem based on achievements can help to structure the position of one's own country in relation to other nations. Sports performance may be one to show the way in this. The Finns are sometimes good at sports, but mostly mediocre and also bad like other countries sometimes.

The Finns have got, indeed, a lot of creativity and ingenuity, but it is often held back by bureaucratic procedures that are based on coercion from the era of the Swedish and Russian rule. It seems that the Finnish independence process is not yet complete. When you have a healthy self-esteem, even this process will succeed.

## Orientation towards happy people in the workplace

2.4.2012

**T**oday, we are concerned about careers and early retirement: the retirement age should be raised. The only problem is that people suffer a lot and go into early retirement because of illness. The situation in Finland is alarming when compared internationally.

Working conditions can contribute to a deterioration of human health. A person spends almost half of his wakefulness hours in the workplace for several decades. Working conditions should be developed so that they contribute to human health.

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In Finland there are, unfortunately, still a lot of jobs that endanger people's health working there. What should be done to correct this? Might there be of any help beginning with the reforms in the animal world?

Ethical thinking on farm animal care has already progressed so far that they recognize now, for example, the rights of chickens and cows for their lives that are typical of their own species. So shelters have been built for the happy chicken and cow now, where animals can wander freely and behave in accordance with their own nature. - Under these circumstances the animals produce very well, too.

In fact, animals are in a better position than people, because after all, they are called by names of their own species any way. In this way it can be identified, what the natural needs chickens or cows have got for improving their habitat.

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Generally speaking, they have not come this far yet in the work places. You see, there are no *humans* officially, but faceless actors: employees, workers, officers, managers and leaders.

The natural human needs are not sufficiently taken into account of in planning and implemen-

tation of working conditions. The human rights are not always realized. A staff will still continue to work under an overwhelming burden, bound by many leashes and under the strict control for the sole purpose only to produce as much as possible for the owners' profit.

In such workplaces, where - perhaps only by chance – people are taken as human beings, they are healthier than in workplaces, where this does not happen. In good workplaces they understand that human beings and a good life are of value in itself.

Organizations still consist of departments and divisions like in the army, and they are managed by the methods typical of exceptional – warlike- conditions. Such a leadership style causes crises and contradictions in the workplace. It is said that even in the 1930s the foremen of construction work wore a pistols belt to make the managerial work more effective. It seems that over the years, these metal weapons have changed only to modern guns of psy-



chological violence: people's work and the control of their work are intensified by threats.

Can creativity and productivity be found in such kind of jobs? Hardly are they found. And, if they can be, only at the expense of peoples' short, sickly life. But who could take the responsibility for this really?

The employer is always responsible primarily for the people's health and safety who are working in the workplace. The state and its authorities have also the responsibility. According to the law, labor force is under the special protection of the state. However, the labor force should be understood and defined so that it also refers to those looking for work, as well as to people who are working there already.

The first step is to better working conditions that we recognize human beings in the workplace, those who have their needs and human rights. That we call them human beings also in the norms regulating the working conditions. So

that the workers are respected, and happy people's jobs will be created on this basis.

As to how this is done, there is certainly a wealth of information. They have not just been able or not wanted to utilize it sufficiently. In fact, I have developed some evaluation methods for psychosocial risk factors (In Finnish [Psyfyrix](#) and [Psyfyrix 2](#)) to improve working conditions. Investing in well-being is worth it: the people feeling comfortable and well in their work are also creative and productive.

## European Union: A strange peace maker

19.3.2012

The political and economic development of Europe is now lined by European Union, which Finland joined at the beginning of 1995. The foundations of the Union were created after Second World War, as [The European Coal and Steel Community](#) was established.

The agreement entered into force on 07.25.1952 and its signatories were: the Netherlands, Belgium, Italy, Luxembourg, France and Germany. This arrangement was intended to secure peace by limiting and controlling access to tools necessary for warfare, which were considered to be coal and steel at that time.

In addition to raw materials, necessary prerequisites for warfare, economic prosperity, power and technology are required: 'By money you

can buy and by horse you can ride.' In addition, warfare is often motivated by the criminal mind.

There have been two main lines of attitudes as to European Union. On the other hand, there has been a talk about the union of independent states, on the other hand about a centralist federal state.

European Union has expanded in small steps, as well as regionally and factually. An increasing number of things controlled by the member states have come under the monitoring and control of EU. The Union has recently taken increasingly bolder steps in the federal direction. In accordance with this policy, the member states have got a limited self-determination (autonomy) like Finland under the reign of Russian Czar in 1800 century and in the early 1900s. People's self-determination seems to be going backwards in EU, in the 1800's direction. This is not the interests of the citizens. That is why the federal development should be opposed.

The financial crises caused unintentionally or even deliberately have driven many of the EU countries to a state of weakness not only economically but also politically. This has reduced their autonomy. At the same time power tools are centralized, and they are still concentrating on fewer and fewer hands of the core states. In particular, the economic power of Germany and thereby its political weight has been strengthened.

Finland was in a bad economic crisis in 1994, almost in liquidation, such as Greece today. Therefore, our country did not meet the conditions of EU required for the membership. Finland, however, was accepted as a member of EU from the beginning of 1995 during the German Presidency (1994), and supported by German, but at what cost? Many may have experienced that Finland was very much obliged to Germany for its assistance.

Supported by Germany, the Finns have striven to and got many of the important tasks in the

EU, of the core of political power. We might ask, why? Why such a small country with a low population has been able to influence matters more than what it has to influence?

Finnish assistance is likely to be needed, because Finland has a more “selling”, soothing image in the eyes of other countries than that of Germany, for example. Finland is known as a peacemaker in Europe and in the rest of the world. The geographical location of Finland is important for European Union as well.

Recently, it has been found that they still want to tighten the control of the member states in European Union. In Finland, too, there has recently been made demands for even a stronger leadership. They have desired a kind of person who "hits fist on the table": a person who would dictate to others what to do.

This is an irresponsible speech from the former politicians in a democratic state like Finland. No wonder if this is indeed the case, when you re-

member how some people here have always felt a certain attraction towards strong leaders and a command-based leadership.

As a result of the economic crisis the social situation in many EU member states begins more and more resemble the situation before World War II. At that time, desperate people lost their money and unemployed, wanted a strong leader. This paved the way for the dictatorship and helped the Nazis to power in Germany. Therefore, it is necessary to consider seriously whether European Union of today contributes to peace. Will the original idea of European Coal and Steel Community, of maintaining peace, be realized any more in these uncertain circumstances?

The world wars caused untold suffering to people and serious economic losses in 1900's. It is calculated that during First World War (1914 - 1918) **died more than 35 million** and in Second World War (1939 - 1945), up to **78 million people**. So these gang leaders' unnecessary and

brutal mutual power struggles required just in vain shockingly more than 100 million (100 000 000) human sacrifices in total.

Quite a common view was that, in particular, Germany was to be blamed for both First and Second World Wars. Therefore, the operation of Germany was to be observed after World War II: the winners of the war have held American troops in Germany since 1945. These forces have been reduced over the years and will be further reduced, so that by the year 2017 ten thousand American soldiers are leaving the country. Still forty thousand soldiers will remain in the country.

Some people may think that the world wars created a foundation for the current economic growth in Europe and in the world. The kind of economic growth and power, which is based on the death of a human being, is no longer acceptable in any case. Now things have to be done better. Therefore, EU should in particular invest in the promotion and maintenance of



peace. It would also be good to develop preventive measures: to prevent activities and to prevent violent, brutal and life-destroying people from entering the power. Wars are too expensive a method for this to be used.

The wars aimed at people's repression and destruction, are battles brought about by political criminal gangs. They are not a God's punishment, as people have sometimes been led to believe and as they have been thought.

Criminals are recognized from the fact that they do not obey the laws, agreements and ethical principles, and they break against humanity. Care should be taken that power will not be transferred from people to small groups, to political gangs behind the fog curtain of economic stabilization and peace. Finland has an important role here, and also the responsibility, as it has a role at the hearth of power.

Power and violence are like brothers to each other. Gangs can be prevented by good gov-

ernance and by promoting international control and crime prevention. The United Nations (UN) should play a more active role and have more power to intervene in political criminality and the destructive activities of criminal gangs.

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## Gang domination to democracy

5.3.2012

It is often mentioned that a multi-party system is the hallmark of democracy and its guarantee. Is it really the case? What is democracy? I understand that it means a democracy, which is realized in practice, so that people are able to influence things that affect them. In general this is carried out by a representative democracy, less by a direct influence.

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A multi-party system does not automatically guarantee that people's opportunities to affect are realized. A large number of political parties can be especially a sign that democracy does not occur. People are trying to make their voices be heard through new groups, because they felt that the existing ones do not drive their business. The large number of political parties can also tell about group selfishness, yearning for power or because they do not really know how things should be done. Democracy will be

realized when public affairs are managed well: if people's opinions are listened to and when they can influence matters relating to themselves.

A multi-party system is, however, a better option compared to one-party governance that allows a complete dictatorship. The administrative system should be constructed in such a way that it prevents the activities and the groups or individuals from reaching power that are threatening human well-being, health and life.

Would it be appropriate to set up a national board of ethics, made up of experts who would be fully independent like a juridical system? It would provide advice, when needed on ethics of political activity, on its acceptability from the human point of view, and the statements of which would be binding. - The citizens could take initiatives directly to it.

Political parties are formed by groups of people who have asked the citizens for the right to represent them and to run their affairs. All the groups have their own objectives, standards of conduct, internal hierarchy and the ways of working.

A political group aims to increase its influence, so that it could decide alone on as many things as possible. If it cannot do that, it is negotiating with other groups and makes trade-offs, compromises with them. This is called politics and in this business the original promises given to people are often overlooked, and the activities become as such a goal.

Before elections they try to show you their operation as reliable as possible. It is important to show how a group looks outwards. - The formation of groups is apparently based on the ancient survival strategy of primitive communities. In ancient times, they were forced to join together because of predators, rival groups and due to the lack of food.

When trying to expand its power a political group tries to spread its influence by placing its members in all the places that are potential. Of particular interest are the leading posts, but the business has expanded, so that also less demanding jobs and tasks are assigned to the members of a group, if it is possible.

In return they demand loyalty from the members, which is characteristic of the behavior of gangs. This means that when carrying out their duties they must strictly obey the principles of the group, even if those were against their own views or even if they were harmful for people.

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By mutual consultation (politics) groups often agree in advance as to which power circuit (mandate) of a group each post or job belongs to. In particular, the job advertisements for the leading posts are often a mere formality.

Political groups are trying to get their own 'chain' in administration as comprehensive as possible. They try to choose comprehensively

members of their own group to various levels of posts and tasks from top to bottom. This ensures handling issues from their preparation to decision-making within a group. That can result in a tube organizational structure, with numerous processing lines in parallel.

The members of different groups may take an unfavorable view to one another or even be hostile to each other when dealing with affairs. They do not want to reveal their 'secrets' to other groups, because this is perceived as a threat to promoting the affairs in accordance with their own mind.

As a result an unsuspecting officer or employee, who does not belong to any group, may wonder why someone would hide information or not cooperate with him. Such an approach will create even violent conflicts in the work community that may - among other things - appear harassment and discrimination. These conflicts seem to be interpersonal problems on the surface, but in fact they are telling about the vio-

lence between the groups. Also, the mutual confrontations between the members of a group can be brutal.

As the current system of influence has a centuries-old tradition, it might be worth considering whether it meets the modern requirements anymore. Many things have changed over time. People's knowledge and technology at the same time have evolved. This has made it possible to develop new ways of influence. Direct citizen participation has become possible. Some steps have recently been taken in this direction: the president is elected by the direct referendum.

It is also possible for people to make legislative initiatives to the parliament when 50 000 people support an initiative. This possibility, however, appears to be theoretical by nature, an advantage that benefits organizations in practice. It may even strengthen further the empowerment of the political groups.



A direct influence can be achieved more effectively than today so that people will have their say, or vote more and more things by using the information technology. The opinions obtained by this way should be taken into account in the decision-making. Naturally, this requires that the opportunities for participation are the same for everyone and that no one is forced to vote against his will. I believe that this can also be solved one way or other, as the issue will be further developed.

## A religion – Who gave you the mission, where are you going?

21.2.2012

**R**eligions and their host churches can be seen as social institutions, manmade organizations that control people's behavior directly or indirectly. They have power over people and that is why they are often close to other power systems, such as states.

Christianity began to move towards the state during the Roman emperor [Constantine I](#) (306-337) <sup>1</sup>. He legalized Christianity and it became the religion of the state. During his time the clergy of the church was granted privileges and benefits, and this is how it came to a specific position.

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This convergence benefited obviously the both sides: those in power in the state and those in the church. Both of them supported each other. Since then the churches supporting Christianity

and their clergy have been in a special position in states.

As religions in general, including institutional Christianity, clergy have had the right and power to interpret exclusively the content of doctrine even to such an extent that dissidents, the so-called heretics were persecuted, tortured, and killed from time to time. Perhaps not so much because a pure doctrine would have been in danger, but because the institution would have been threatened.

Churches have been involved in psychological violence toward people in different ways over the centuries. Power has always been the essence of the issue and this is probably still the case. Religious communities have been at their best, when they have offered the members physical, mental and social security and cared for their basic needs for living. At a time when this has happened altruistically: without any obligation or commitment to reciprocal service.

The central figure of Christianity, Jesus, was interpreted to have considered himself the Son of God on the basis of his speeches. Jesus used the phrase "The Son of Man" of himself. For that reason the Jews, in particular, hated him; they felt that he was mocking God.

The Bible tells us that God is love. This is expressed mathematically as:  $G = I$ , where  $G$  means God, and  $I$  is love. In mathematics, as linguistically, the equation is also true the other way around:  $I = G$  or love is God, is it not? What does this mean? Probably the fact that love is and should be the highest, the most revered and the most sacred value that controls human behavior to be sought for, the Spirit.

One of the main contents of the Bible is probably the doctrine of human relations. An understanding of how a person should treat other people: by thinking of the good and doing good deeds. The good that man thinks of and that he does for others in his life, is good enough for God, because he becomes then a part of love,

a part of God. The love in the Bible refers to a good, life-sustaining relationship with other people. This is seen as good thoughts, words and deeds in practice. Goodness, even in small chips, is a divine quality in man.

Acts that destroy people are not the acts of love, God, even though the representatives of some religious institutions argue in this way to urge people to kill each other in the name of God. In all, this is only an extreme form of power occurring violence that is harnessed to the service of the religion.

Those whose god (the revered, most sacred value) is hostility: violence, anger, unforgiving and revenge seem to do in this way, unfortunately. Is it worth worshiping the kind of gods of life-destroying misery, illness and death like money and power? European plutocracy has even erected its own statue, the huge symbol of euro, in Frankfurt am Main. This god is worshipped by those persons, whose highest and

most sacred value is money and euro, in particular.

The development of religious and political institutions seems to be going inevitably in the same direction. When before only the ordained were allowed to go to special areas devoted to kings and emperors they are now allowed to be gone in large numbers by all people.

Like states have sacred religious and divine things become accessible to all. This will happen to Christianity, too. Perhaps time is beginning to be mature for that in the history of human development. All the people can be the daughters and sons of love, God, by doing life-promoting and life-sustaining works to each other. So everyone can see and experience God through the good deeds of people.

<sup>1</sup> Wikipedia

## For the Child

9.2.2012

**B**oth in Eastern and Western cultures the child-concept is of central importance. The Bible tells us how the wise men - possibly three kings - came to worship the child Jesus born in the barn among the bulls, and brought him gifts. - As there was, supposedly, no space for the birth giving in the people's dwelling place. Jesus stressed the importance of a child several times and put a child as an example of what a man should be in order to live.

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In psychotherapy they use the concepts of *Child*, *Adult* and *Parent* to describe the layers of the human personality and psychological states. *The Child* mode means a person's experiences of his childhood, the emotional base and the state of mind. *The adult* mode means the conscious ego and will, the reason-based thinking. *The Parent* mode means the behavioral models and experiences inherited from the

parents that are stored in a person's memory. A person with internal difficulties has got often *the Parent, the Adult and the Child* in conflict with each other. *The Parent* may be too harsh and dismissive for *the Child*.

The situation may become so bad that the person is no longer able to control himself and to take care of himself. - They try to treat this state of psychic interaction in therapy so that the human's *Parent* will be more tolerant, more understanding, more loving and more accepting for his inner *Child*. When this happens, creativity will be released and he will be healing.

It is thinkable that social strata also follow the child-adult-parent model. The child represents the deep layers of a society i.e. ordinary people. Administration represents both the adult and the parent. If these layers are in conflict with each other, a society is in deep trouble; a leadership may be impossible. This happens e.g., when the protests caused by social injustice are inhibited with violence. Good governance is for



people, listening carefully to citizens and ensuring that they can influence matters relating to them.

The late founder of the People's Republic of China Chairman **Mao Zedong** (Mao Tse-Tung) greatly appreciated the social child, the people. I remember that he stated this way: 'We need to be like a bull that power exuding looks brave at all of his exploiters, commanders and oppressors, but falls his head humbly in front of the child.'

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Elsewhere he says: "We have to be modest and prudent, careful not to be arrogant and short-tempered, and serve the Chinese people with all our hearts ... "1. Could this be a model both for Eastern and Western politicians and public officials in their relationship with their own people?

In **Akseli Gallen-Kallela's** painting, **the Son and the Crow** (1884), the boy is watching at the crow, which is on the ground near him. One

may interpret the encounter of the two like this: even if the son is interested in the crow, this appears to be ignoring him. The painting can also be seen in such a way that the crow bows to the child boy.

<sup>1</sup> Excerpts from Chairman Mao Zedong's works (Art-Print Oy, Helsinki, 1971, p. 173)

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## Perceiving better - a better life?

1.2.2012

I have thought sometimes about how hard the conditions are under which man is living here. He or she was born when and where he just happened to be born. He does not know where he is coming from and he lives his life in an environment that he does not necessarily want to live in and which is even unhealthy to him. Neither does he know the length of his life; his life may come to an end at any time.

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I have wondered how such a lot of people, however, can cope in the middle of all this uncertainty and hard conditions. However, many do not survive, and for many it is very difficult. The everyday survival is difficult for people living in great poverty and in inhumane conditions.

A person's relationship with his life and with the limits of life is important to his life style; as to how he orientates in his life and how happy he

or she is. Some kind of perceptual disorder seems to be often an obstacle to modern man's happiness.

Many people reject the fact from their mind that one's own life is limited. The result could be that a person begins to live as if he or she lived here on earth forever. He keeps tooth and nail his position, power, money, and he may oppress others to secure his position and to get even more to himself.

Some people get depressed, become unhappy and start living as if they lived the last days in "All to me right away now!" style. And: "Let go, here live only once." Such a person does not care about others and he feels no limits, often causing problems for other people.

The fight against death, and the fear of death, can also occur in the so-called projection: man sees his own limited life as an environmental problem. He feels that the end of world is coming repeating the word "apocalypse", even if his

own life is really the one, which will definitely expire. Death is always a personal end of the world. When seeing this fact, but perceiving it as worldwide, causes anxiety not only for the predictor himself but also for the others believing in the same way.

Rejecting the limitations of life out of your mind may also occur in such a way that a person believes his life to be continued somewhere else, in better conditions.

Therefore, he may think that it is not worth caring about the physical life. In this sense he can stop becoming interested in his environment and his fellowmen, and isolate himself. If not physically socially, however. He is idle in the social sense bearing in mind: The world is so bad a place that you cannot do anything for it and therefore it should be ignored.

He focuses on ensuring his eligibility to heaven and on his own well-being. Sometimes, he can also use extreme means like terrorists to secure

a comfy life for himself in heaven, as he was irresponsibly inhuman led to believe. In this way he causes extreme social and material damage to others.

Encountering and perceiving the limited life arouses usually anxiety. When a person has dealt with this in his mind and accepted it as a fact, a new and a rewarding way to a meaningful life may be opened for him.

He begins to see the fellow human beings as fellow-sufferers in a positive light. He will satisfy his basic social needs by doing good deeds, small and large ones for others, most in our daily life. He does not do this in order to ensure his share of heaven, but because it rewards both himself and other fellow travelers. It brings his life the real meaning.

Although, you never know, even if the unique manuscript of man and his behavior (the soul) was remained somewhere permanently. A little in the same way as a computer programmer's

program plans (scripts) do, even though the machine itself and the activities guided by the programs (drivers) are destroyed in due course. If the diesel engine of a ship has a soul, as an engine designer said, why could not a human being have one?

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## Violence - an inevitable daily bun?

18.1.2012

Recently young people have paid attention, **R**inter alia, to harmfulness of violence included in games. In addition to games violence seems to be dripping a little from all sides. When you open TV in the evening, multiple channels may show violence or films dealing with its consequences. As if it was a natural part of people's everyday life. And, moreover, even in prime time for children to watch TV.

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I am, however, sure that at least the majority of the families with children do not want to watch such programs. Because violence creates insecurity and fear and gives people bad models for behaviors.

Also, news coverage may contain violence and cause people anxiety and the feelings of fear. As an example of this are almost daily the overdone opinions that "the whole of Europe is



in danger of being destroyed, if euro is going badly and - what all the terrible it may lead to.”

People have troubles enough in their everyday lives. Therefore, the intimidation of citizens even by a government, will add despair only. Management using fear as a tool is not a good management. Perhaps the late musician Juice Leskinen was thinking of this when he once said in a TV interview that leaders are not needed; leaders mislead. A state should not begin to violence, the role, which it takes easily by nature.

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A case is all kinds of prophets that paint threats to people. This paralyzes not only themselves but also other people. It is good to know that in the world there is a lot of goodness, the kind of people who are doing good deeds, and who build the world a better place to live in. That is why the world is still standing there. It is desirable that the crowd of the people with good deeds is getting bigger. A human life is made meaningful by people's good deeds.

I have been wondering sometimes, why violence has been so openly shown in media. Just taking care of lung health seems to be sufficient to health care authorities, and their almost fanatical action to reduce smoking to achieve it. They are not so much interested in nurturing people's mental health.

I wonder, if there in the background of inciting to violence, is the decades ago prevalent famous concept of health that compassion is a disease and the lack of it, therefore, health logically?

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Might a thought be that when empathy and compassion are reduced in a population, people are going to be healthy? This perception of health is really proven to be badly wrong. As a result of the internalization of the health concept died tens of millions of people for nothing. Today, health is defined as a state of physical, mental and social well-being that is as good as possible<sup>1</sup>. A mentally healthy person will be able to empathize with another person's situa-

tion, to help him to live (feel compassion), to take other people into account and to be tolerant and friendly.

<sup>1</sup> World Health Organization ([WHO](#))

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## A bad currency, or a wrong policy?

7.1.2012

**M**oney is known to be a medium of exchange, be it squirrel, mark, euro or something else. Its value is determined e.g. by the availability and demand. Also, the holder of the medium of exchange can define its value. If one defines the value of the instrument and consequently the trading price of goods too high, he may not sell his products and the employees become unemployed.

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Such a situation will benefit those vendors, whose goods are reasonably priced or cheap; their business is thriving. When sold cheaply, you have to sell a lot in order to earn your living by trade. Trade, however, is going, and workers have enough work to do.

The European Central Bank has kept the price of euro disproportionately high. Therefore you could ask, why? From time to time the value of

euro has been almost one and a half times that of the US dollar. This has e.g. stimulated European purchases from USA. That has sold goods very well to Europe as a compensation for the fact that its own export to China has been badly in deficit.

This has happened, because China has had the value of money, and thus the price of goods sufficiently low. The badly skewed trade relationship between The United States and European Union has benefited particularly the US employment, while Europe is indebted as a result of the exchange based on a strong purchasing power. At the same time the employment in the euro area has fallen significantly, as goods are not selling well around the world due to expensive prices.

The high price of euro and, consequently, that of the goods has meant that trading in the euro area countries has been forced to be directed to the internal market of EU. The leaders of EU, perhaps, have seen this as desirable, as it pre-

vents in this way the countries of the euro area from going their own commercial and possibly also political ways. This could be a risk if trading outside EU increased and dependence on the internal market and on EU were reduced.

They may have thought pompously that the euro area in itself is large enough, so that the market works only by stimulating mutual trade. It really works, but only in favor of a few EU countries like German.

The strong countries have been able to compete better than the others for their own benefit in the internal market and to detriment of the weaker ones. Like many others Finland has been one of these sufferers. It exports unilaterally to the internal market of EU while exports to the rest of the world have come to a halt. As a sign of this Finnish exports outside EU was badly in deficit in 2011.

It is clear that the above-mentioned developments have been detrimental for Finland. Now

there would be a great need to develop exports outside EU. A problem here is just the expensive euro, the pricing of which we just cannot influence; trade is nailed to the overpriced euro.

Therefore, it is necessary to discuss seriously how our own decision-making power in trade (the price of goods, the market) could be added, so that our goods and our services would be competitive in the world. Only an efficient global trading can safeguard the well-being of our country.





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ISBN 978-952-93-7377-2